

SIVANANDA ASHRAM YOGA FARM

TEMPLES & SHRINES

Immerse yourself in this vortex
of energy to recharge & renew



SIVANANDA ASHRAM YOGA FARM TEMPLES & SHRINES

14651 Ballantree Lane, Grass Valley, CA 95949

Telephone: (530) 272-9322

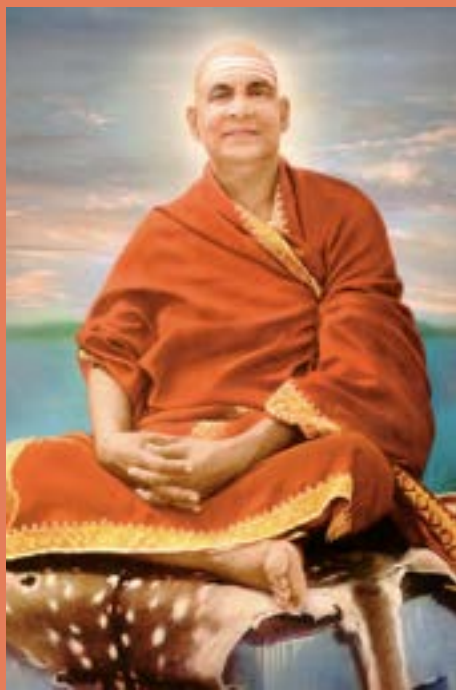
website: yogafarm@sivananda.org

<http://sivanandayogafarm.org>





Om namo bhagavate sivanandaya
Om namo bhagavate vishnudevanandaya



Sivananda Ashram Yoga Farm Temples & Shrines

Swami Vishnudevananda established the Sivananda Ashram Yoga Farm in Grass Valley, California in 1971 after having the vision of Radha and Krishna dancing under the moonlight in the valley. For this reason he gave the ashram the nickname – Sivananda Vrindavan Yoga Farm.

The ashram has 10 temples and shrines. The first temple Swamiji initiated was the Durga temple in 1990 followed by the Siva temple in 1991.

Swami Sitaramananda, the current director, became director of the Yoga Farm in 1995 and installed the Krishna temple at that time.

The rest of the temples and shrines were all built during the following years.





Welcome to Sivananda Ashram Yoga Farm

Welcome to your yoga retreat in the beautiful Sierra foothills of Northern California! Since 1971, the Sivananda Yoga Farm has been an oasis of peace and tranquility for people from all walks of life to come and find themselves.

Yoga and meditation are the most effective methods to recharge the body and mind and relieve the tension and stress of modern life. Take time to slow down, enjoy nature and reconnect to a wholesome way of life, re-inspire with new thoughts and perspectives, uplift your spirit with daily chanting, and apply techniques to increase your awareness and joy.

Come for a Yoga vacation of a few days or weeks, immerse yourself in this vortex of energy and gradually walk the path towards the deeper aspects of Yoga – from improving fitness and relaxing to maintaining health, calming the mind, and even becoming a counselor and Yoga teacher for others.

The Ashram is a monastery run by monastics, the disciples of the vedantic lineage “Saraswati” one of the 10 monastic lineage of India founded by Adi Sankaracharya in 8th century AD.

Please follow the rules of conduct of the Ashram to help keep the sacred atmosphere, observe dress codes, and rules of no alcohol, no meat or drugs. Follow the schedule when on the premises. The sannyasis (renunciates) wear orange color dress and the pre-sannyas wear yellow color.



History of the Yoga Farm

In 1971, Swami Vishnudevananda founded the Sivananda Ashram Yoga Farm on 40 acres of land located in the Gold Country of the beautiful Sierra Nevada Foothills in Northern California. The “Yoga Farm,” as Swami Vishnu-devananda nicknamed the ashram, remained his favorite place for personal retreat and is where he wrote “Meditation and Mantras.” For almost 20 years the ashram remained in its original state: a farmhouse and pond surrounded by rolling hills and majestic oaks, saturated with the songs of wildlife. Now the Ashram land includes 80 acres of forest & hills & lavender fields.



In 1974, the Yoga Farm hosted the first Sivananda Teachers’ Training Course on the West Coast. Yoga practitioners are increasingly aware of deeper and subtler aspects of classical yogic teachings, and seek a retreat where they can deepen their practice, renew their inspiration and further educate themselves. The Sivananda Ashram Yoga Farm responds by maintaining a pure atmosphere where people rediscover their Divine Self. It is a spiritual, non-sectarian, non-profit organization run entirely by dedicated Yoga teachers who selflessly teach this. “Sivananda Yoga is qualified in Time Magazine article on Yoga as “moderately difficult” and is “One of the world’s largest schools of Yoga, Sivananda calls for the rigorous application of Yoga postures, breathing exercises, relaxation, vegetarian diet and study of scriptures. May require lifestyle changes”

Mission

- Practicing and teaching the ancient yogic knowledge of health, peace, unity in diversity and Self-realization.

Vision

- To help all realize their highest potential and find inner peace. Inner peace will bring outer peace.

Values

- We relate to people as their inner nature and do not judge or value ourselves based on race, gender, occupation, performance, material conditions or personality.
- Be in the world and not of the world.
- Simple living, high thinking.
- Adapt, adjust, accommodate-highest yoga.
- Group positive intentions and prayers make miracles.
- We serve everyone equally with respect.
- We respect traditions and understand there are values in timeless teachings.
- Worship sages, saints and our gurus. The blind can't lead the blind.

Ashram Schedule

- 06:00am Satsang (Meditation, Chanting, Lecture)
- 08:00am Asanas and Pranayama (All-Levels)
- 10:00am Organic Vegetarian Brunch
- 11:00am Karma Yoga (Selfless Service)
- 04:00pm Asanas and Pranayama (All-Levels)
- 06:00pm Organic Vegetarian Dinner
- 08:00pm Satsang (Meditation, chanting, Lecture)

Temple Arati & Puja Schedule

- 07:00 am Satsang - Dakshina Murti
- 08:00 am Ganesha Shrine
- 08:30 am Moola Ganesha
- 09:00 am Hanuman Shrine
- 09:30 am Dhanvantari Temple
- 10:00 am Durga Temple
- 04:00 pm Krishna Temple
- 05:00 pm Siva Temple (on Mondays)
- 08:00pm Satsang - Radha Krishna

What is Classical Yoga?

Yoga is a complete science of life that originated in India many thousands of years ago. It is the oldest system of personal development in the world, encompassing in its scope, body, mind and spirit. The ancient yogis had a profound understanding of man's essential nature and of what he needs to live in harmony with himself and his environment.

They perceived the physical body as a vehicle, with the mind as the driver, the soul as man's true identity, and action, emotion and intelligence as the three forces which pull the body-vehicle. In order to have an integral development, these three forces must be in balance.

The underlying purpose of all the different aspects of the practice is to reunite the individual Self (the jiva) with the Absolute or pure consciousness (Brahman). The word Yoga means literally "joining". Union with this unchanging reality liberates the spirit from all sense of separation, freeing it from the illusion of time, space and causation. It is only our ignorance, our inability to discriminate between the real and the unreal, which prevents us from realizing our true nature.

5 points of Yoga

- Proper Exercise - Asanas
- Proper Breathing - Pranayama
- Proper Relaxation - Savasana
- Proper Diet - Vegetarian
- Positive Thinking & Meditation

4 Paths of Yoga

- Raja Yoga - Mind Control
- Bhakti Yoga - Devotion
- Karma Yoga - Selfless service
- Jnana Yoga - Wisdom



What is Bhakti Yoga?

Swami Sivananda says in Bliss Divine, “Bhakti is continuity of devotion. Bhakti is attraction of the Soul to the Lord, just as there is attraction of the needle to the magnet. Bhakti is love for love’s sake. There is neither selfish expectation nor fear. Bhakti is no emotionalism, but it is tuning the will and the intellect as well towards the Divine. It is Supreme Love of God.

Who is God?

Swami Sivananda says, “God has all names and all forms and no name and no form. God exists. He is indefinable. God is the totality of all that exists, sentient and insentient. He is omnipotent, omnipresent, omniscient. He has no beginning, middle nor end. He is the indweller in all beings. He controls from within. He dwells in your heart.” Our personal relationship with the Supreme depends on our own mind. Gods and Goddesses of India represent these different manifestations of the same Supreme God.

Why worship different forms of Gods?

God is one, but names are many. Truth is one, but paths are many. In the beginning of the spiritual path, the devotees superimpose God and his attributes on the name and form or idol that they worship. Gradually, they begin to feel that the Lord in the idol is in the hearts of all creatures, and in all names and forms of this universe. They begin to feel His presence everywhere. The images of the deities or their names are only symbols to fix the mind of the devotees in the beginning and help them to develop concentration and one pointed devotion.



Ganesha Shrine at Ashram Entrance

The Ganesha shrine is at the main entrance to the ashram. The ashram, located in Grass Valley, CA, is about 1.5 hours from Sacramento. When you come to the ashram, you drive 1 mile down a dirt road at 10 mph and arrive to the ashram entrance parking lot. From the parking lot you walk in on the entrance path where you are greeted by Sri Ganesha'ji. Ganesha represents the removal of obstacles. Ganesha has the head of an elephant. The elephant is a very wise and sacred animal in the yogic tradition and in India. An elephant is very big and strong and can knock over a tree if it wishes but it can also be very subtle and pick up a blade of grass with its trunk. Elephants are all vegetarian yet they are very big and strong.

You can repeat Ganesha's mantra – OM Gam Ganapatayai Namah – 9 times as you enter the ashram to receive the blessings of Ganesha. The current shrine of Ganesha is inspired by an East Asian look with the sloped roof and red paint. There are two stain glass yaantas on either side of Ganesha inside the shrine. Our resident priest from South India does daily arati to Ganesha to keep up the spiritual vibrations. From here you will walk down the curving entrance path to come to reception and check in for your stay at the ashram. This particular Ganesha is carved from stone and comes from Vietnam. Vietnam was once a Hindu culture called Cham. You can see the very distinct look of this Ganesha.





Radha Krishna in Main Farm House

Dedication to Joy & Cosmic Love

The Radha Krishna hall is in the main farm house at the ashram which we call the Vishnu house and it is the original building where all the programs took place, before the building of the large Yoga Hall. It has a very cosy feeling and the energy is quite strong inside. The main statues on the altar are that of Radha and Krishna. Krishna represents the energy of playfulness, happiness, and joy while Radha is Krishna's main consort. She is the most devoted to Krishna and in fact sees no difference between Krishna and herself.

Krishna is also the teacher in the Bhagavad Gita and gives the wisdom teachings to Arjuna on the battlefield of life. Puja is performed regularly in this hall along with satsangs and meditation.

There is a beautiful mural painting on one wall of the hall which has pictures of many different teachers including Jesus and Buddha.

Near the middle ceiling beam, there are flags representing the major religion teachings: Buddhism, Christianity, Hinduism, Islam, and Judaism. The ashram teaches "Unity in Diversity" Respect all Paths. God is One.





Krishna Temple & Navagraha Shrine

Dedication to Pure Love & 9 Cosmic Planets

The Krishna temple was established in 1995 when Swami Sitaramananda took over directorship of the ashram. When the ashram was founded by Swami Vishnu, he had a vision of Krishna playing the flute in the moon light with the Gopis or devotees. Because of this, Swamiji wanted to build the Krishna temple to honor that vision.

When the Krishna temple was first installed there were a few miracles that took place to show that Krishna was happy. To install the deity, a puja was performed by a special Indian priest which went through the whole night. The following morning a male deer with antlers came by and ate the prasada from the puja. The animal of Krishna is a deer, mrigam. The vibration from the puja was so high, that the deer was able to overcome its animal instincts and come near to humans and not be afraid.

The Navagraha planets bring blessings of Sun (universal Soul), Moon (clarity, balance of mind), Mars (courage, stamina), Mercury (intelligence, communication), Jupiter (dharma, wisdom), Venus (love, harmony), Saturn (austerity, discipline), Rah (expansion), and Ketu (renunciation, liberation).



Moola Ganesha

Dedication to Kundalini / Spiritual power

As you enter into the ashram and walk on the pathway to the dining hall and cabins, you will see outside the Radha Krishna hall a large painting of Krishna playing the flute. Underneath the photo is another Ganesha which is called the Moola Ganesha. Moola means the root or the base. This Ganesha was installed at the base of the Radha Krishna shrine in the main farm house. Ganesha is said to be guarding the Kundalini Shakti (spiritual power) and we honor him for blessings to our spiritual endeavor.

Hanuman Shrine

Dedication to devotion & service

As you continue to walk along the main ashram pathway to the cabins, you will come across this shrine for Sri Hanuman. Hanuman is a devotee of Lord Rama and represents prana and strength coming from love of service. He is half monkey and half human. He is devoted to Lord Rama with one pointed focus and has all the siddhis or super natural powers or strengths. Here he is pictured holding the mountain which has a special herb that was needed to heal Rama's brother Lakshmana who was hurt in battle in the epic story, the Ramayana.

You will find the whole family of Lord Rama as well here. The brass statue of lord Rama, his brother Lakshmana, as well as Sita and Hanuman kneeling in gesture of devotion, ready for service.



Siva Temple

Dedication to Spiritual Perfection

The mountain top in the ashram is called mount Kailas, lord Siva's abode - on top of the Hill, accessible through a windy path & 108 steps, Siva temple resides surrounding a pre-formed triangular rock (same as the Siva lingam in Kedarnath temple in Himalayas) blessed by Swami Vishnudevananda in 1991.

This open temple has a beautiful view of the valley and the sunset. If you walk a few hundred steps to the tip top of the Hill, you will find a large rock with a mural of matted locks Siva meditating, overlooking. The deities in Siva temple are Maheshwari (divine mother), Subramanya (divine army chief), Ganesha (remover of obstacles) & Kundalini Shakti. Pray here for transcendence of all sorrows and obstacles.



Durga Temple

Dedication to Protective cosmic force, the divine mother & recharge with courage

This was the favorite place of Swami Vishnudevananda'ji for meditation. Situated mid-hill, the Durga temple was inaugurated in 1991. It is a hexagonal wooden structure with a pedestal on which sits Durga devi with 8 arms.

Praying here will give you courage and strength to face your fears and inner demons and to rise to the greatness of who you are in essence. In this hidden compound, you will find other shrines to universal forms of the divine mother: Quan yin (female Buddha), Mother Mary, and Goddess Lakshmi.



Dhanvanthari Shrine

Dedication to Health & Harmony

Dwelling in the middle of the Ashram lavender field, the cute Dhanvanthari shrine radiates health and harmony. It is the place to come to pray for healing of loved ones and to tune in the healing power of nature.

Lord Dhanvanthari holds in his hands a lavender plant, a scripture, a conch shell (power of sound), and a discus (to cut off attachments and delusion to health).

Please enquire for our spiritual community service, Health education, or Ayurveda counseling and services.



Jupiter Shrine

Dedication to Guru & Dharma

At the entrance to the ashram, before entering the reception, the most recent consecrated shrine is dedicated to the Guru in the form of the planet Jupiter and his Shakti.

This is the essence of the Ashram - the transmission of spiritual knowledge. We bow with respect and circumambulate three times the symbol of the spiritual teacher and repeat : Om Gurave Namah.



Brahma Vidya Yoga Hall

Dedication to Supreme Knowledge

The main Yoga Hall in the ashram is known as the Brahma Vidya yogaYoga Hall with the deity Dakshina Murti which is a form of Lord Siva as the youthful, silent teacher.

This teaching reminds us that all knowledge comes from within. The external Guru is the manifestation of the internal Guru who guides us out of the ocean of Samsara and leads us to moksha or liberation.

On the altar we have the murtis of Master Sivananda and Vishnudevananda as well as Goddess Saraswati (the name of our lineage). To the left you have Patanjali Maharishi, the teacher of Raja Yoga as well as Adi Sankaracharya and Lord Buddha and Lord Jesus.



Peace Miracle Labyrinth

The answer lies within

In the center of the ashram we have the 11 circuit charties labyrinth, an important tool for wlaking meditation and contemplation. Answers to your questions will come if you pray and address the question in the beginning of the journey in the labyrinth.

There is one way in and one way out and the Peace Pole in the middle. Walking the labyrinth churns the energy of the Ashram. It takes 20 minutes to go through the whole circuit including a few minutes of contemplating in the stillness in the middle.



Ashram Etiquette

As the ashram is a spiritual community and place of spiritual practice, we ask that all guests and visitors be respectful and modest. Guests are invited to dress in loose, comfortable clothes suitable for warm days and cool evenings.

Clothing that covers your shoulders and knees is best, especially while in Satsang and temples. We recommend bringing a shawl or wrap. For more information, check the the local weather forecast to assist you in your planning.

The Sivananda Ashram Yoga Farm is a spiritual environment based on the premise that people come to focus within for self knowledge and practice positive relationship. We discourage promiscuity, harassment, and violence. Given these points, we kindly ask that all guests and residents abide by these ethical guidelines of yoga.

Ashram rules play an essential part in maintaining the pure environment and elevating vibrations necessary for the practice of yoga and meditation.

The playing of music is not allowed (except with headphones).

No mobile phones in yoga classes, meditations or lectures.

Please keep silence after 10.30 pm.

Photography, audio and video recording requires previous written authorization of the course directors.

Ashram Guidelines

Alcohol, tobacco, meat, fish, eggs, coffee and drugs are prohibited on the premises. Pets are not allowed. We cannot cater to personal dietary preferences except the yogic-vegetarian meals. Absolutely no drugs. No taking, distributing or dealing in or around the premises. If you learn of others keeping, taking or distributing drugs you are obliged to report this to the Ashram director immediately.

All deposits and payments made to Sivananda Ashram Yoga Farm are non-refundable unless canceled within the first 24 hours after making your reservation. If you need to cancel or reschedule at any time after this initial period we are happy to accommodate you; your payments will be converted to an Ashram credit which you may use for up to twelve months from the time of cancellation for either course tuition, accommodations, or both. In case of early departure a credit note can be issued (not valid for purchase of shop articles. No cash refund.)

Reception is open daily from 8 AM to 7:30 PM. We are unable to check-in any guests outside of reception hours.

Please wear loose, modest clothing – no tight clothing. Public nudity is not allowed.

The Ashram is not responsible for any loss of valuables.

Please help maintain the peace and purity in the meditation room.

Cooking, candles and incense are not permitted in the rooms or tents.

GETTING TO THE YOGA FARM

The Ashram is situated near highway 49 between Auburn and Grass Valley, just one hour from Sacramento and three hours (without traffic) from San Francisco and is easily accessible by car or by Amtrak (train and bus).

From I-80 exit in Auburn and onto Hwy. 49 North towards Grass Valley. Go 11 miles to Wolf Road (traffic signal light) and turn Left. (note that right side of the intersection is Combie Rd.) Go 1.8 miles and turn right onto Duggans Rd. Go 2 miles to the end of the road and turn left on Lime Kiln Rd. Go 2.4 miles – (the road becomes McCourtney Rd.) (continue straight). Continue 1.2 miles and turn left on Ballantree Lane. (You will note an Adopt-a-Highway sign 1 mile ahead of the turn that the “Yoga Farm removes litter”) Go 0.9 miles to the Sivananda Ashram Yoga Farm driveway and turn left (It is marked by a big sign.)

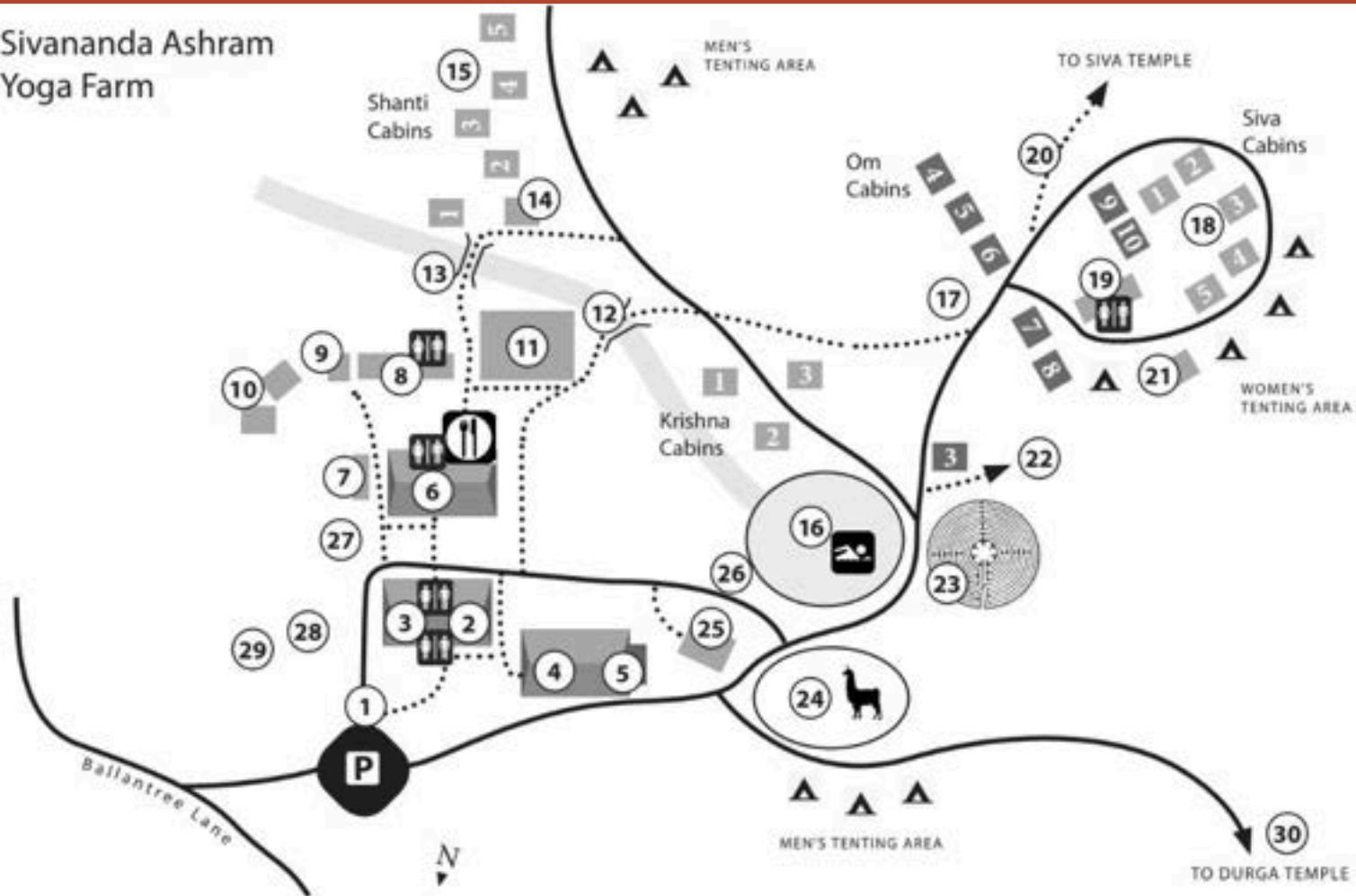
Please drive 10 MPH ONLY on Ballantree Lane.

Temple Services

Temple services are available by appointment only. Please register at reception. Guests are to bring flowers and prasad for all services.

- **Archana** – 15 minutes \$27 (\$10 each person thereafter) 5 offerings = kum kum, flowers, water, incense, prasad.
- **Puja without abisheka** – 1 hour \$108
- **Puja with abisheka** – 2 hours \$200 16 offerings, includes milk and panchamrita. (Siva puja includes lingam abishekam in Radha Krishna Hall and visit to the Siva Temple).
- **Homa** - 2 hours \$250 Flowers, fruit prasad / dry fruit, ghee, bananas (Ganesha), sweet-cooked rice, samagri, sesame seeds
- Other available services \$108 Naming Ceremony, Feeding Ceremony, Prayers for deceased, Prayers for the sick.

Sivananda Ashram Yoga Farm



- | | | | |
|----------------------------------------------|-----------------------------------------|--------------------------------|---------------------------------------|
| 1 Gate of Peace Entrance and Ganesha Shrine | 17 Om Cabins (7) and Krishna Cabins (3) | 8 Bathrooms, showers, sauna | 25 Krishna and Nine Planet Temple |
| 2 Reception, Boutique and Jupiter Shrine | 18 Siva Cabins (5) | 9 Laundry hut, washing machine | 26 Fire gong |
| 3 Administrative offices | 19 Bathrooms, showers, washing machine | 10 The Well-Being Center | 27 Organic Garden and Greenhouse |
| 4 Brahma Vidya Hall | 20 Siva Hill, to Siva Temple | 11 Yoga Deck | 28 Tree Orchard |
| 5 Library | 21 Vishwa Hut (night guard) | 12 Vindavan Bridge | 29 Solar array |
| 6 Radha Krishna Meditation Hall, dining area | 22 Moksha Trailhead | 13 Road to Shanti | 30 To Durga Temple and Lavender Field |
| 7 Dish washing area | 23 Peace Miracle Labyrinth | 14 Priest Hut | |
| | 24 Animal pen | 15 Shanti Cabins (5) | |
| | | 16 Vindavan Pond | |